

LIFEWAYS

The Art of Life



A summer week for all ages, with
workshops, talks, stories, music
and crafts

20-26 July

Emerson College, East Sussex

The Art of Life

The day starts when the alarm breaks through the soft light, into the morning chorus.

What will today hold? Perhaps it's noticing the beauty in life's simple rhythms, straying from the familiar path to discover something new, finding significance in a moment of monotony, or uncovering a truth while creating something extraordinary.

The 'art of life' can encompass many things: finding meaning in everyday chores, establishing a routine that gives structure to each day, making time to create rather than buy, putting pen to paper to share a story or image arising from the mind's eye, moving to music (or in silence), or even singing a ditty on the way to pick up a pint of milk!

When we pause to look, taking time to find meaning in the small tasks as well as the big occasions, we may find there is something sacred living within every human moment. This year's theme encourages us to contemplate the Art of Life through workshops, talks, crafts, stories and activities. Adults and children together will help create and renew the rich tapestry of knowledge and friendship that makes the Lifeways week a special time each year.

Booking Information

Please choose ONE morning workshop and ONE afternoon group, which you imagine you'd be happiest in for the duration of the conference. Please indicate this choice as well as your second-best choice on the application form with the appropriate number or letter. We will make every effort to honour your choices.

At Lifeways, we encourage full participation. This ensures you will get the most out of this unique week as well as possibly experience and contribute to the "extended family" feeling often associated with Lifeways.

Each evening there will be a programme with lectures and entertainment for adults. Babysitters will be available in all family accommodation, thereby enabling adults to attend.

Children will be in a crèche or in the camp during the morning and choose ONE afternoon group for the duration of the conference. We offer parent and child groups for the little ones. Children share accommodation with their parents / guardians up to the age of 8. Children aged 9 – 14 stay in a field on the Emerson Campus and are looked after by the camping staff. Children's activities are age-appropriate; please take this into consideration when you book.

Morning Workshops for Adults

Here you can explore the theme of the week through creative study, discussion and hands-on experience Monday to Friday morning from 8.50am – 12.15pm.

1. Eurythmy - The Art of Metamorphosis

with Maria Norris

'Since art is the path to the spiritual, it also imbues life with reality.' Rudolf Steiner

Stimulating the Life Energy, Eurythmy allows us to achieve inner and outer changes: The Art of Being through the Art of Movement. We will be working on individual exercises and group choreography using a short poem to explore this Art of Eurythmy and the exercises we learn can be taken home to continue practising them if we so wish. Please bring eurythmy or gym shoes.

2. Word Meets World: Writing Creatively

with Paul Matthews

The college library will be our home-base, but we will be taking our pens outside, and, through exercises both playful and profound, find a language lively and artful enough to meet the frogs and flowers that await us. This might also include some simple rhythmic exercises. Experienced or not so, all are very welcome.

3. Life from Hand-Crafting a Basket

with Nick Vane

Working with our hands to make something tangible can transform not only the materials worked on but also the maker. It feels good and is life-enhancing to focus all of your attention on learning a new skill and to then hold something that you've created yourself. In this workshop for beginners, we'll be working with natural willow using traditional tools and techniques to make a useful basket that you'll be proud to use for years to come. £15 extra for materials.

4. Wolfram von Eschenbach's Parzival: Life as a Quest

with John Meeks

In this enthralling tale, Parzival's Grail quest leads him through stages which may be familiar to many of us: from youthful exuberance, through doubt and a sense of failure, to fulfilment and the discovery that even our mistakes were necessary steps on our path. Looking back, we may even see the unfolding of our lives resembling a work of art.

5. Drawing Labyrinths

with Daniel and Vija Docherty

Come and create an enlivening selection of labyrinths.

We will use compass and straightedge to construct our pathways as well as working freehand. We will have many opportunities to add colour to our labyrinths using natural and studio made paints.

6. The Art of Being Human

with William Forward

We can deepen our understanding of ourselves and others by looking at the human being through a variety of lenses. There is the twofold, breathing human being; our threefold nature as body, soul and spirit, each of which in turn has its threefold characteristics; our fourfold nature, relating to the four elements; and the twelve windows of our soul - 12 senses. We shall look through these lenses together, share experiences and use exercises to gain a broader and deeper understanding of our human nature. Laughter will accompany our process.

Morning activities for Children aged 0 – 8

The following crèches are available each morning from 8.50am – 12.15pm

Parent & Child 0 – 3 year olds

Here the youngest Lifeways participants can enjoy a peaceful environment, while parents / guardians can take this special time to observe and connect with their little ones and with each other. There'll be songs, story, indoor and outdoor play and adults will be guided with making simple crafts for their children to enjoy.

Playcamp 4 – 6 year olds

In this group the children will paint, draw and enjoy simple craft activities. There will be stories, circle games and songs as well as a daily walk and plenty of time for creative play.

Daycamp 7 – 8 year olds

This is a morning group with slightly more challenging crafts and outdoor activities for the older child.

Children's Camp 9 – 14 year olds

The camp is divided into younger (9-11) and older (12-14) camps, which are right next to each other. Some of the activities are shared and others separated. Mornings and evenings will include games, crafts, helping with meal preparation, and other activities.

Tents may be shared by children in the same age groups.

The campers choose ONE afternoon group for the duration of the week. Remember to fill in their first and second-best workshop preferences as well as meal options on the application form.

Please make your child aware that at Lifeways they will have a (welcomed) break from mobile phones, tablets, mp3 players, computer games, laser pens or any other electrical device.

Afternoon Groups (*Adults only, ** Children only, ***Adults and Children)

The workshops run Monday to Friday from 2.30 – 4pm.

Adults only

A* Life Stories as a Work of Art

with Ken Gibson

In this workshop we explore our own life stories by looking at different turning points in our lives and how they have shaped both our inner and outer lives. We will then use drawing, writing or poetry to express our findings artistically.

B* Why can't I manage to read Steiner?

with Rev. Roger Druitt

Many people have a warm feeling for Steiner's work but so far have not been able to find direct access, feeling it is too awkward to enter into his writings. I shall share some manageable ways that helped me break this barrier, with practical examples from a few of his most helpful works to give us all a start. We shall discover what the best approach for each of us could be.

C* The hidden and revealed in Nature

with Patrick Dixon

We will observe many different aspects of Nature and its artistry, and how to enhance one's perception of its more subtle hidden processes of creativity.

- D* Painting: 'The Art of Life'** *with Mary-Anne Paterson*
Working with pastel, oil, crayon and charcoal you are invited through the eyes of some great artists' works to journey, learn and share in their passion for life's manifold gifts and lessons. Re-visiting cave paintings, Chartres, Rembrandt and others. No previous experience necessary, all materials supplied.
- E* The Art of Papercrafts** *with Renate McGavin*
This year's theme - The Art of Life - leads me straight to the portal of creativity. Papercrafts offer endless opportunities to explore the art of being creative, which can have a very positive impact in our life. In this workshop we will be experimenting in papermaking with grasses and other plants, various methods of card making including needle felting on sacking material; Gelli-sun-and leaf printing; watercolours and collages, papier-mâché seed bombs, plant pots, paper bowls and summer decorations.
- F* Listening to the Other and to our own Mind** *with Lara Koppers and Donata Hoesch*
Listening with true interest is enjoyable. It is a learnable Art of Life from which co-creativity and human connection can flow. Far from being passive or obedient, it is a conscious activity. Listening with the help of our mindfulness exercises goes beyond 'Active Listening'. Based on exercises developed by Dr Tessabella Lovemore, we will delve into the art of listening and enjoy watching our fellow humans unfold in the process.

Children only

- G** Try your hand at basket-making for 12 – 14 year olds** *with Nick Vane*
Come and learn a new skill, making a useful basket out of natural willow using traditional tools and techniques.
- H** Energetic Outdoor Games for 11 – 14 year olds** *with Arthur Dyer*
Social, energetic, imaginative games played together outside on the lawn.
- I** Candle Dipping & Decorating for 9 – 14 year old** *with Ted Prestbury and Louise Morton*
Learn how to create beautiful candles through form and colour.
- J** Drum, Strum and Hum for 9 – 14 year olds** *with Juanna Ladaga*
Energising rhythms, songs and tunes for ukulele - no experience necessary, only the courage to give it a go!
- K** The art of life through the medium of wool - Felting for 9 – 12 year olds** *with Hellen Williams*
A wonderful social opportunity to work with wool using dry and wet felting techniques. A relaxing and physical art form where we will start by shaping sculptures and practical pieces, seeing where the art of life takes us!
- L** Clay Digging & Modelling for 6 – 8 year olds** *with Angela dos Reis*
Exploring the art of life through the meeting with clay and modelling of things that we love and surround us.

Adults and children

- M*** Bring Music to Life for 6 - 8 year olds** *with Sarka Kubschova*
Enjoy lots of singing. Explore music with your voice, body and instruments. Take part in imaginative and cooperative games, create a playful orchestra with your friends. Use natural materials for sound making. Parent's attendance optional, may bring younger siblings with them.

N* Play and Crafts for 0 – 6 year olds with a parent / guardian**

with Florrie Cassell

A calm, creative space for children and their parents or guardians. Come and enjoy a gentle rhythm of crafts, songs, and stories, with space to play or rest.

Evening programme for adults

The evening programme is for adults only, except for Friday evening when children are welcome to attend. Babysitters will be on duty in the family accommodation Sunday – Thursday from 8 - 9.45pm.

The evening events from Monday to Wednesday are open to the public. Donations at the door from those not booked at Lifeways very welcome. Children in Camp 9-14 years have their own evening programme.

Sunday 8.15pm in Ruskin Hall

Conference opening to introduce you to the week and meet all the course leaders. Lifeways participants only.

Monday 8.15pm in Ruskin Hall

Grail and Cosmos: Cosmic Dimensions of the Grail Quest in Wolfram von Eschenbach's Parzival with John Meeks

Tuesday 8.15pm in Ruskin Hall

“The Stories, Poetry and Art of the great Australian cartoonist, Michael Leunig” with Ashley Ramsden, storyteller and founder of the School of Storytelling

Wednesday 8.15pm in Ruskin Hall

Taking ourselves in hand - the path into the spiritual world with Sue Peat

Thursday 8.15pm in Ruskin Hall

Please bring your musical instruments, poetry, drama, jokes and any other talents so that we can create an entertaining evening together. Lifeways participants only.

Friday 8.15pm on the lawn

Music and dancing on the lawn followed by a bonfire on the camp. Children are welcome to attend. Lifeways participants only.

Prices

We require a non-refundable deposit £100 with your booking form. The final payment is due on 3rd July 2025.

Early Bird reductions: Please send us your filled in booking form and deposit by Thursday, 10th April 2025. There is no Early Bird reduction for part-time participants.

Booking options:

The residential stay includes morning and afternoon workshop, evening programme, all meals and the accommodation type of your choice.

Non-residential participants: The price includes morning and afternoon workshop, evening programme, lunch and supper. There is no accommodation and breakfast included in this booking option.

Adults

Residential stay

Single room	£640	Early Bird £610
Shared room with 1 single bed, 1 mattress on floor / price for each adult	£620	Early Bird £590
Camping in your own tent	£600	Early Bird £570
Camping 2 adults sharing tent / price for each adult	£565	Early Bird £535

Non-residential participants

£530 Early Bird £500

Children, age 0 to 3 years

Residential stay

Mattress on floor in parent's room	£120	Early Bird £110
Sharing tent with parent	£90	Early Bird £80

Non-residential participants

£90 Early Bird £80

Children, age 4 to 8 years

Residential stay

Mattress on floor in parent's room	£270	Early Bird £250
Sharing tent with parent	£230	Early Bird £210

Non-residential participants

£230 Early Bird £210

Children, age 9 to 14 years

Camping in own tent	£400	Early Bird £350
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Parents / guardians who attend the conference *without accommodation on campus* need to be contactable the whole week and be able to be on camp within an hour if needed.

£35 to rent a small tent for 2 people.

£20 / person to rent mattress and bedding for camping.

Part-time participants

If places are available, **adults and children can join on a part-time basis** for crèches, morning or afternoon workshops. Please note that we can only accept bookings if you can attend each day of the week. Lunch and supper can be booked for the whole week, but not for single days. **We will confirm all these bookings from 12 June. No Early Bird reductions.**

Children in camp 9 – 14 years can attend on their own if there is space and if their parents live locally.

We will confirm all these bookings from 12 June. Parents / guardians need to be contactable the whole week and be able to be on camp within an hour if needed.

Parents / guardians of children age 0 to 8 years need to remain on site during their children's activity due to Ofsted regulations. You are welcome to wait in the Emerson café.

Prices for part-time attendance

Workshops and creches are from Monday to Friday followed by the Harvest of the week on Saturday morning. Camp 9 – 14 is from Sunday afternoon until Saturday lunch time.

Adult morning workshop, Parent & Child	£190
Adult afternoon workshop	£150
Play and Day camp	£70
Afternoon workshop children	£55
Lunch adult Monday to Saturday	£110
Lunch child Monday to Saturday	£65
Supper adult Sunday to Friday	£80
Supper child Sunday to Friday	£40

Financial assistance

If you wish to attend this conference but are prevented because of costs you may apply to the Conference Secretary for financial assistance or a sibling's reduction. Every consideration will be given to your request. **Please let us know with your booking form that you require financial assistance, and we will contact you. You can also reduce costs by volunteering for part of the time.**

Contributing as a Lifeways volunteer

We offer a few places on Lifeways for adults who would like to volunteer as babysitter in the evening or in one of the children's workshops and creches either in the morning or in the afternoon in exchange for free lunches and a workshop (either morning or afternoon depending on when you are a helper). If necessary, we can also contribute to accommodation costs. We are particularly, but not only, looking for volunteers who have some knowledge in education or Waldorf education. If you would like to apply as a volunteer, send us a brief description of your experience with your booking form including what you would like to offer. All volunteers will need to be DBS checked.

Arrival

Registration is on Sunday 20th July from 2.30–5.00pm. At 6pm we'll meet outside Ruskin Hall for a short welcome before we'll make our way to supper; the conference opening (adults only) is at 8.15pm. The camp children will set up their tents in the afternoon and will have their own programme. Babysitters will be available in all family accommodation enabling everyone to attend.

Departure

Saturday 26th July after lunch (around 1.15pm). It is not possible to stay longer on campus as we have a new group arriving.

Daily Schedule Monday to Friday

Special programme on Saturday with “Harvest of the Week” and an exhibition.

am	7:00 – 8:00 Breakfast	8:15 – 8:45 Community Singing	8:50 – 12:10pm Morning Workshops and crèches for children	12:45 Lunch	
pm	2:30 – 4:00 Afternoon Groups for adults & children	4:00 – 4:30 Tea on the lawn / tuck shop with ice cream (cash preferred)	5:00 – 6:00 Market Place: sharing our life ways / puppet shows on 2 afternoons	6:15 Supper	8:15 Evening programme for adults only

Babysitters will be on duty free of charge in family accommodation from 8-9.45pm. Children need to be in bed by the time you leave. Please note they are not on duty on Friday because all are welcome to the evening events on this day.

Please bring a torch, a drinking bottle, wet weather clothes and soft indoor shoes. Please note that cash is needed for the tuck shop and there is not a cash point on site.

Children in Play Camp (4 - 6 years) and Day Camp (7 – 8 years) should bring: wellies, closed shoes, drink bottle, waterproof trousers and coat (or all-in-one), sun hat and sun cream.

Child in Camp (9 – 14 years) should bring a tent, sleeping bag, sleeping mat, blanket, towel, good walking shoes, waterproof clothing and boots, swimming gear, old clothes, sun hat and sun cream, torch and eating utensils (plate, bowl, cup, knife, fork and spoon).

Meals

All meals are prepared at the college. They are vegetarian with a vegan and gluten free option (please pre-book). Please notify us on your booking form of any other allergies and we will be in touch. If the Emerson kitchen can't meet your needs, we might be able to offer you self-catering facilities.

Most of our produce is biodynamic or organic, locally sourced and grown in our own vegetable garden, Michael Hall Garden, Tablehurst and Plawhatch farms and Fermento bakery.

Smoking

Smoking is not permitted inside college buildings or campus accommodation. An outdoor smoking area is available.

Cancellations

If you cancel within 14 days of booking, any payment made will be refunded in full. If you cancel by 30th May 2025, you will receive a refund of all payments made except the £100 non-refundable deposit; thereafter no refunds will be issued. Special consideration will be given in cases of illness confirmed by medical evidence. Please submit your cancellation request in writing to naamah.pinkerfeld@emerson.org.uk.

Lifeways is organised by Florrie Cassell, Louis Lines, Yvette Dellsperger, Sue Peat and Ted Prestbury

Cover Design by Florrie Cassell

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